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White Bean Bruschetta

Serves 4

1 whole-wheat French baguette, cut into 12 thin slices along the bias
¼ cup olive oil, divided
1 cup white onion, chopped
4 cloves garlic, minced
1 t dried basil
1 t dried oregano
1 cup canned navy beans, rinsed and drained
2 tomatoes, cored and cubed
2 T balsamic vinegar

Instructions



For the bread, slice the baguette on the diagonal into thin slices (about 12 for a baguette). In a large sauté pan, heat 2 T of the olive oil over medium heat. Place the bread slices in the pan and cook on medium high heat until sizzling and golden. Just before flipping the bread, add an additional tablespoon of olive oil to the pan. Flip the bread and cook second side until golden.

For the topping, cook the onions and the remaining tablespoon of olive oil over medium heat in a medium sauté pan until the onions are very soft, about 7 minutes. Add the garlic, basil and oregano and cook another minute or two, until fragrant. Add the beans and continue cooking for another five minutes on low heat. Add the tomatoes and turn off the heat, allowing tomatoes just to take on the warmth of the pan without cooking. Drizzle the balsamic vinegar into the pan and gently stir.

To serve, scoop heaping spoonfuls of the tomato-bean mixture onto the grilled bread and enjoy.

Meal Accompaniments

4 cups seedless grapes
4 oz. low-fat cheddar cheese
20 100% whole-wheat crackers

Nutritional Analysis

Calories	601 kcal
Saturated Fat	4 g
Sodium	657 mg
Potassium	974 mg
Calcium	225 mg
Vitamin D	0 IU
Vitamin D	0 mcg
Dietary Fiber	10 g

Food Group Amounts

Grains	3 ounce
Protein	0 ounce
Vegetable	0.75 cup
Fruit	1 cup
Dairy	0.25 cup
Oils	3 tsp



The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Foods Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.